

DAY 1: Emu Plains to Glenbrook

Monday, January 2, 2023

Meeting time:

8.00am @ Our Lady of the Way Catholic Church, Emu Plains [15 Troy Street, Emu Plains; altitude: 32m]

Mass:

8.30 – 9.15am @ Our Lady of the Way Parish Hall, Emu Plains

Morning Tea:

9.30 – 10.00am @ Our Lady of the Way Parish Hall, Emu Plains

Briefing

10.00 – 10.15am @ Our Lady of the Way Parish Hall, Emu Plains

Walking Details (CLASSIC PILGRIMAGE – NOT FAMILY PILGRIMAGE):

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Our Lady of the Way, Emu Plains	10.15am	Elizabeth / Marge's Lookout	11.45am	1 hour 30 min	4.0	Moderate
<i>Reflection + prayer time:</i> 11.45 – 12.30pm @ Elizabeth / Marge's Lookout						
Elizabeth / Marge's Lookout	12.30pm	Glenbrook Lagoon	1.15pm	45 min	3.5	Easy
Lunch: 1.15 – 1.45pm @ Glenbrook Lagoon						
Glenbrook Lagoon	1.45pm	St Finbar's Church Glenbrook	2.00pm	15 min	1.0	Easy
Total Ascent: 265		Total Descent: 96		TOTAL DISTANCE		Overall: Grade 2

Finnies Fiesta Afternoon:

2.00 – 5.00pm @ St Finbar's Parish Hall, Glenbrook [46 Levy Street, Glenbrook; altitude: 201m]

Prayer + Adoration (there will also be a children's prayer time for those attending as a family):

5.30pm @ St Finbar's Parish Hall, Glenbrook

Dinner:

6.45pm @ St Finbar's Parish Hall, Glenbrook

Night Prayer:

9.00pm @ St Finbar's Parish Hall, Glenbrook

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none">- Pilgrims need to have breakfast before beginning the walk and must bring their own lunch and afternoon tea for this day of walking- There are two pilgrimage options on this day – one for adults (Classic Pilgrimage indicated in the above itinerary), and one suitable for families with children (Family Pilgrimage). Pilgrims are welcome to choose either!- This is an easy day walk, suitable for those of all ages and fitness levels. The walk takes in a number of interesting historical features as it ascends from the plains into the mountains in the region. There is one steep set of steps to ascend from the Knapsack Viaduct to Elizabeth and Marge's Lookout.- There will be a time of prayer and reflection at Elizabeth / Marge's Lookout- The afternoon at St Finbars will include games, craft and a jumping castle.- Significant sights on the walk include:<ul style="list-style-type: none">o Knapsack Viaducto Lapstone Zig Zago Elizabeth Lookouto Marge's Lookouto Views over the Nepean River and Sydney Basino Lennox Bridge (c. 1833)o Glenbrook Lagoon	<ul style="list-style-type: none">- There are no water refill points or toilets between Our Lady of the Way Church and St Finbar's Church; pilgrims need to carry a minimum of 2.5 L of water between these points.- Two cold showers are available at Glenbrook Parish.- Emu Plains Station is approximately 2.2km from Our Lady of the Way Church; Glenbrook Station is approximately 1.4km from St Finbar's Church.

DAY 2: Glenbrook to Springwood

Tuesday January 3, 2023

Mass:

6.30 – 7.15am @ St Finbar's Parish Catholic Church, Glenbrook [46 Levy Street, Glenbrook; altitude: 201m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Finbar's Catholic Church	7.45am	Cross Street Reserve	11.00	3 hour 15 min	9.0km	Moderate
Morning Tea: 11.00 – 11.30am @ Cross Street Reserve (<i>water refill available nearby</i>)						
Cross Street Reserve	11.30am	Long Angle Valley Entry	1.15pm	1 hour 45 min	5.5km	Moderate
Lunch: 1.15 – 1.45pm @ Long Angle Valley Entry						
Long Angle Valley Entry	1.45pm	St Thomas Aquinas Church, Springwood	2.30pm	45 min	3.0km	Easy
St Thomas Aquinas Church is located on a beautiful bush property. You are invited to take some time in the afternoon for <i>personal prayer and reflection</i> either in the church or somewhere on the property.						
Total Ascent: 576m	Total Descent: 440m		TOTAL DISTANCE		17.5km	Overall: Grade 3

Prayer + Adoration:

5.30pm @ St Thomas Aquinas Church, Springwood [168 Hawkesbury Road, Springwood, altitude: 337m]

Dinner:

6.45pm @ St Thomas Aquinas Primary School Hall, Springwood

Self-care session:

8.30pm @ St Thomas Aquinas Primary School Hall, Springwood

Night Prayer:

9.00pm @ St Thomas Aquinas Parish Hall, Springwood

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - The route begins with Florabella Pass – a pretty, local track – to reach Warrimoo. From Cross Street Reserve, there is a short, technical descent to reach the stunning Blue Gum Riverflat Forest of Sun Valley and Long Angle Valley, and a sharp ascent out of the valley at Winmalee. Some road walking at the end of the day is required to reach the church. - You are invited to take some time in the afternoon for personal prayer either in the church or somewhere on the beautiful property. - Significant sights on the walk include: <ul style="list-style-type: none"> o Glenbrook Lagoon o Cripple Creek Reserve o Long Angle Valley 	<ul style="list-style-type: none"> - There is a water refill point at Warrimoo; pilgrims need to carry a minimum of 2L of water to this point, and a minimum of 2L between Warrimoo and St Thomas Aquinas Church. - There are no toilets between St Finbar’s Church and St Thomas Aquinas Church. - Train stations accessible along the route include Blaxland and Warrimoo Stations. Springwood Station is approximately 3.5 km from St Thomas Aquinas Church. - One warm shower is available at St Thomas Aquinas Church.

DAY 3: Springwood to Linden
Wednesday, January 4, 2023

Morning Prayer:

6.30 – 6.45am @ St Thomas Aquinas Church, Springwood [168 Hawkesbury Road, Springwood, altitude: 337m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Thomas Aquinas Church, Springwood	7.15am	Hunter Way, Faulconbridge	9.15am	2 hour	5.5km	Moderate
Snack: 9.15 – 9.30am @ Hunter Way, Faulconbridge (<i>water refill available nearby</i>)						
Hunter Way, Faulconbridge	9.30am	Faulconbridge Ridge Lookout	10.45am	1 hour 15 min	4.0km	Easy
Morning Tea: 10.45 – 11.15am @ Faulconbridge Ridge Lookout						
Faulconbridge Ridge Lookout	11.15am	Linden Ridge Track Head	12.45pm	1 hour 45 min	2.0km	Hard
Lunch: 12.45 – 1.15pm @ Linden Ridge Track Head						
Linden Ridge Track Head	1.15pm	Linden Observatory	3.45pm	2 hour 30 min (<i>suggested time of personal prayer</i>)	8.5km	Moderate
Total Ascent: 515m		Total Descent: 326m		TOTAL DISTANCE		Overall: Grade 4
				20.0km		

Note: Due to space limitations, it is only possible to have walking pilgrims present for the afternoon / evening at Linden

Observatory Tour:

5pm @ Linden Observatory [Glossop Rd, Linden, altitude: 526m]

Dinner:

6.30pm @ Linden Observatory [Glossop Rd, Linden]

Reflection, Discussion+ Night Prayer:

8.00pm @ Linden Observatory [Glossop Rd, Linden]

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - This is a long day of walking and a high level of endurance is required. The walk begins by following a local undulating bush track through Birdwood Gully to reach Faulconbridge. This very pretty track includes some small rock scrambles. The route then heads out along Faulconbridge Ridge before descending steeply to Linden Creek and then ascending steeply to reach the end of Linden Ridge. From here the route follows the gently undulating fire trail atop the ridge in a generally south-westerly direction to reach Linden. - The stretch along Linden Ridge is an ideal opportunity to enjoy some personal prayer time and reflection. - For those interested, there will be a tour of the Observatory given by local historian Ian Bridges. - Significant sights on the walk include: <ul style="list-style-type: none"> o Birdwood Gully o Linden Ridge with views of Mount Banks and Mount Hay o Linden Observatory (c. 1938 – 48) 	<ul style="list-style-type: none"> - There is a water refill point at Springwood High School; pilgrims need to carry a minimum of 1.5L of water to this point, and a minimum of 3L between this point and Linden Observatory. - Springwood and Faulconbridge Train Stations can be accessed for those finding the walk difficult or wishing to walk only the first section of the track on this day. Linden Observatory is approximately 2.0km from Linden Train Station. - 1 warm shower is available at Linden Observatory.

DAY 4: Linden to Lawson

Thursday, January 5, 2023

Morning Prayer:

6.30 – 6.45am @ Linden Observatory [Glossop Rd, Linden, altitude: 526m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Linden Observatory	7.15am	Paradise Pool	9.00am	1 hour 45 min	2.0km	Moderate
Morning Tea: 9.00 – 9.15am @ Paradise Pool						
Paradise Pool	9.15am	Burgess Falls	12.00pm	2 hour 45 min	6.5km	Moderate
Lunch: 12.00 – 12.30pm @ Burgess Falls						
Burgess Falls	12.30pm	Santa Maria Hall, Lawson	2.30pm	2 hour	4.0km	Easy
The Good Samaritan Sisters at the Santa Maria Centre have provided some beautiful opportunities for prayer on site including a labyrinth and sensory walk. You are invited to take some time in the afternoon for <i>personal prayer and reflection</i> in the church or somewhere in the grounds of the Santa Maria Centre.						
Total Ascent: 516m		Total Descent: 324m		TOTAL DISTANCE		Overall: Grade 3

Prayer + Adoration:

5.30pm @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson; altitude: 717m]

Dinner:

6.45pm @ Santa Maria Hall, Lawson [253 Great Western Highway, Lawson]

Night Prayer:

9.00pm @ Santa Maria Hall, Lawson

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - This walk begins with a steep descent to reach Paradise Pool and then follows a series of undulating fire trails through the bush in the area around Woodford Dam to reach Hazelbrook. The route then follows a local bush track past a number of very pretty waterfalls on route to Our Lady of the Nativity, Lawson. - Significant sights on the walk include: <ul style="list-style-type: none"> o Paradise Pool o Burgess Falls o Oaklands Falls o Lena Falls o Horseshoe Falls o Fairy Falls - Indigenous Rock Engraving - Labyrinth and sensory prayer walk at the Santa Maria Centre - You are invited to take some time in the afternoon for personal prayer either in the church or somewhere on the grounds of the Santa Maria Centre. 	<ul style="list-style-type: none"> - There are no toilets or water refill points between Linden Observatory and the Santa Maria Hall. Pilgrims need to carry a minimum of 3L of water between these points. - Our Lady of the Nativity Church is approximately 1.5 km from both Lawson and Hazelbrook Train Stations. - 1 warm shower is available at Santa Maria Centre.

DAY 5: Lawson to Wentworth Falls

Friday, January 6, 2023

Mass:

6.30 – 7.15am @ Our Lady of the Nativity Parish, Lawson [254 Great Western Highway, Lawson; altitude: 717m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Our Lady of the Nativity, Lawson	7.45am	Booth Rd	10.00am	2 hour 15 min	6.5km	Easy
Morning Tea : 10.00 – 10.30am @ Booth Rd						
Booth Rd	10.30am	1931 Shelter Cave	12.15pm	1 hour 45 min	2.5km	Hard
Lunch: 12.15 – 12.45pm @ 1931 Shelter Cave						
1931 Shelter Cave	12.45pm	Wentworth Falls Lake	2.00pm	1 hour 15 min	4.0km	Moderate
Afternoon Tea (long): 2.00 – 3.30pm @ Wentworth Falls Lake (<i>toilets and water available; swimming possible</i>)						
Wentworth Falls Lake	3.30pm	Blue Mountains Grammar School Hall	4.00pm	30 min	2.5km	Easy
Blue Mountains Grammar School is located on a beautiful property. You are invited to take some time in the afternoon for <i>personal prayer and reflection</i> in the grounds of the school.						
Total Ascent: 932m	Total Descent: 777m		TOTAL DISTANCE		15.5km	Overall: Grade 4

Dinner:

6.00pm @ Wilson Park [Great Western Highway, Wentworth Falls, altitude: 872m]

Reflection, Discussion + Night Prayer

8.00pm @ Blue Mountains Grammar School Hall [3 Matcham Av, Wentworth Falls]

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - This day begins with a local walk past the pretty ‘Fairy Falls’ before a short section of road walking connects the track with the historic Bruce's walk which began as a maintenance track for the power supply in 1931 and was cleared again in 1986 by two local walkers – Jim Smith and Wilf Hilder. This section of the walk has two steep descents and ascents (into and out of valleys) that are quite difficult and require a moderate level of fitness. Walkers are encouraged to wear long sleeves and pants for this stretch of the walk as some of the vegetation can be quite scratchy. - Significant sights on the walk include: <ul style="list-style-type: none"> o Fairy Falls o Creek crossings o Artifacts associated with Bruce’s walk including: <ul style="list-style-type: none"> ▪ Signs ▪ Ladders ▪ Seats ▪ Shelter Caves o Wentworth Falls Lake (you’re welcome to take a dip!) o Views of the Jamison Valley - There is a small supermarket in Wentworth Falls for restocking. - You are invited to take some time in the afternoon for personal prayer in the grounds of the school. 	<ul style="list-style-type: none"> - There are no water refill points or toilets between Our Lady of the Nativity, Lawson and Wentworth Falls Lake; pilgrims need to carry a minimum of 3L of water between these points. - The route passes by Lawson and Wentworth Falls Stations. - Blue Mountains Grammar School and Saint Francis Xavier Church, Wentworth Falls are about 15 minutes from one another. - Six warm showers are available at BMGS.

DAY 6: Wentworth Falls to Katoomba

Saturday, January 7, 2023

Morning Prayer:

6.30 – 6.45am @ Blue Mountains Grammar School Hall [3 Matcham Av, Wentworth Falls, altitude: 872m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Blue Mountains Grammar School	7.15am	Back of the Sisters Lookout	10.00am	2 hour 45 min	7.0km	Moderate
Morning Tea: 10.00am – 10.30am @ Back of the Sisters Lookout						
Back of the Sisters Lookout	10.30am	Leura Cascades	12.15pm	1 hour 45 min	3.5km	Moderate
Lunch: 12.15 – 12.45pm @ Leura Cascades (<i>toilets and water available</i>)						
Leura Cascades	12.45pm	St Canice's Catholic Church, Katoomba	1.00pm	1 hour 15 min	2.5km	Moderate
The parish community of the Upper Blue Mountains have a 24 hour Adoration Chapel at St Canice's Katoomba which includes a beautiful image of the nativity. You are invited to take some time for <i>personal prayer and reflection</i> in the chapel.						
Total Ascent: 1126m	Total Descent: 1015m		TOTAL DISTANCE		13.0km	Overall: Grade 4

Prayer + Adoration:

5.30pm @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba, altitude: 1008m]

Dinner:

6.45pm @ St Canice's Hall, Katoomba

Night Prayer:

9.30pm @ St Canice's Hall, Katoomba

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none"> - This day of walking follows some of the well-known walking tracks in the mountains including the Valley of the Waters track and Prince Henry Cliff Walk. There are a number of ascents and descents as the route dips into small gullies, but the route stays above the cliff line. This day has the highest total ascents and descents of any day and so you'll feel your legs at the end! - Significant sights on the walk include: <ul style="list-style-type: none"> o Various water falls and lookouts <ul style="list-style-type: none"> ▪ Golf Link Lookout ▪ Queen Victoria Lookout ▪ Empress Lookout ▪ Bridal Veil Lookout ▪ Olympian Rock ▪ Elysian Rock ▪ Millamurra Lookout ▪ Tallawarra Lookout ▪ Echo Point o Lilian Bridge o Pool of Siloam o The Three Sisters o Views of the Jamison Valley - A supermarket and chemist are near the church in Katoomba for restocking. - You are invited to take some time in the afternoon for personal prayer either in the Adoration Chapel or church. 	<ul style="list-style-type: none"> - There are several water refill points and toilets along this route; pilgrims will not need to carry more than 2L of water at any one time. - The walk does not pass directly by any train stations, however train stations at both ends of the walk (Wentworth Falls and Katoomba) are only a short distance from the churches. - 2 cold showers are available at St Canice's Church. - There is a large supermarket close to the church in Katoomba where pilgrims can restock if needed.

DAY 7: Katoomba to Blackheath

Sunday, January 8, 2023 (Feast of the Epiphany)

Morning Prayer

6.30 – 6.45am @ St Canice's Church, Katoomba [158 Katoomba Street, Katoomba; altitude: 1008m]

Walking Details:

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
St Canice's Church, Katoomba	7.15am	Indigenous History Exhibit	8.45am	1 hour 30 min	4.0km	Moderate
Snack: 8.45 – 9.00am @ Indigenous History Exhibit / Old Explorer's Tree Site						
Indigenous History Exhibit	9.00am	Hydro Majestic, Medlow Bath	10.00am	1 hour	3.5km	Easy
Morning Tea: 10.00 – 11.30am @ Hydro Majestic, Medlow Bath (<i>toilets and water refill available</i>)						
Hydro Majestic, Medlow Bath	10.30am	Blackheath township	12.30pm	2 hour	7.0km	Easy
Lunch: 12.30 – 1.00pm @ The Gardens Park, Blackheath (<i>toilets and water refill available</i>)						
The Gardens Park, Blackheath	1.00pm	Sacred Heart Church, Blackheath	1.15pm	15 min	0.5km	Easy
Total Ascent: 382m	Total Descent: 307m		TOTAL DISTANCE		15km	Overall: Grade 3

Pilgrimage (Feast of the Epiphany) Final Mass:

3pm @ Sacred Heart Church, Blackheath [18 Inconstant Street, Blackheath, altitude 1083m]

Feast of the Epiphany Dinner:

5.00pm @ Sacred Heart Hall, Blackheath

Night Prayer:

9.00pm @ Sacred Heart Hall, Blackheath

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
<ul style="list-style-type: none">- This is a comfortable day walk with only moderate ascents and descents.- Tea, coffee and snacks are available at the Hydro Majestic Hotel.- Significant sights on the walk include:<ul style="list-style-type: none">o North's Lookouto Explorer's Treeo The Hydro Majestic Hotelo Views of the Megalong Valleyo Mark Foy's Tomb- The pilgrimage final Mass (Feast of the Epiphany) will be held on this day, but pilgrims are invited to stay an additional night to join the Thanksgiving Celebrations at the Chapel of the Magi, Bell.	<ul style="list-style-type: none">- There is a water refill point at The Hydro Majestic Hotel; pilgrims will not need to carry more than 2L of water at any one time.- There are toilets at The Hydro Majestic Hotel.- The route passes by both Medlow Bath and Blackheath Stations (and near Katoomba Station).- Two cold showers are available at Sacred Heart, Blackheath.

DAY 8: Blackheath to Bell

Monday January 9, 2023

Morning Prayer:

6.30 – 6.45am @ Sacred Heart Church, Blackheath [18 Inconstant Street, Blackheath, altitude 1083m]

Details (NOTE THAT THERE IS NO PILGRIMAGE WALK ON THIS DAY):

Start Point	Start Time	End Point	End Time	Estimated duration	Distance (km)	Difficulty
Sacred Heart Church Blackheath	8.15am	Blackheath Train Station	8.30am	15 min	500m	Easy
Train / Bus / Car Travel: 8.35 – 8.51am						
Bell Train Station	9.00am	Chapel of the Magi	9.30am	30 min	2.5km	Easy
Snack: 9.30 – 9.45am @ Chapel of the Magi (<i>toilets and water refill available</i>)						
Total Ascent: 504m		Total Descent: 569m		TOTAL DISTANCE		3.0km
						Overall: Grade 3

Thanksgiving Mass:

10.15am @ Chapel of the Magi, Bell [19 Nioka Place, Bell, altitude 1018m]

Thanksgiving Morning Tea

11.45am @ Chapel of the Magi, Bell

<i>Track + other notes:</i>	<i>Toilets, showers, water refills + train stations:</i>
- There is no walking on this day (the track has been substantially damaged by fires and rain in recent years).	- No showers are available at the Chapel of the Magi. - There is a train from Bell to Sydney at 1.50pm; there are often a number of spare seats in cars leaving Bell for those requiring a lift